



LEADERSHIP EMBODIMENT TRAINING

TRAINING FOR PRESENCE, CONFIDENCE AND COMPASSION

EMBODIMENT.ME

A NOTE FROM WENDY AND TIPHANI PALMER ABOUT OUR CALIFORNIA 2016 LEADERSHIP EMBODIMENT COACH TRAINING

We invite you to uplift your posture and let a long exhale soften your chest. Expand out a little more and settle. *It is such a gift to have this simple practice to remind us of all the life force that wants to come through us!*

We understand you have interest in joining the Leadership Embodiment Coach Training Program. We look forward to offering you a cohesive process for developing embodiment tools for yourself and skills for working with clients and groups.

We have developed an exciting new program framework tailored towards experienced coaches and facilitators. Here is what a few of our trainees have to say:

As a coach for over 10 years, the LECT has truly deepened my own practice and in turn allowed me to offer skillful somatic coaching to my clients.

-Luke Kreinberg, Leadership Development Coach, California

LECT is helping me connect with my clients in a deeper way and do more meaningful work. Clients get it right away and find it extremely useful. The LECT is helping me create new distinctions that make my coaching more powerful. And, I get to interact with a wonderful community!

-Jean Johnson, Executive Coach, Michigan

Participating in the LE training course has proven to be one of the most precious gifts I've ever received. Awakened a deeper connection to the intelligence of my body has expanded my capacity to wholeheartedly embrace and more skillfully respond to the mystery of life. The somatic imprint of centeredness is a way of being that I am energized to share with the world.

-Robin Rorex, Leadership Development Coach, Oregon

OUR COURSE OFFERING

The rest of this document details our *Leadership Embodiment Coach Training*.

If you have any questions about the organization or the Coach Training, please feel free to contact us. Thank you for your interest in the LE work and we wish you well.

Blessings,

Wendy & Tiphani



LEADERSHIP EMBODIMENT COACH TRAINING PROGRAM

WHAT IS LEADERSHIP EMBODIMENT?

Leadership Embodiment is a stand-alone embodied coaching model, and can also serve as a somatic component alongside other coaching models.

WHAT DO WE DO?

We study the body. We study how stress responses arise.

By practicing quick, simple exercises we gain access to more choice in responding to a given situation.

Working with the body directly is a straightforward way to access more skillful, effective and compassionate responses to stress.

WHY?

Research tells us that 70% of communication is non-verbal.

Children and animals know before we do when we are sad, mad, glad or afraid which means our reactions show up in the body before they come to conscious awareness.

Leadership presence is felt through non-verbal communication. We aspire to be more centered, mindful, and compassionate as leaders, but return again and again to unskillful reactions and habits, especially when stressed or when faced with conflict.

How?

To create simple and accelerated learning we use the LE Stress Simulator.

By applying mild physical pressure during specific exercises, we can study the individual stress response and practice recovering to a more centered state while still under pressure.



THE LECT OFFERING

The Leadership Embodiment Coach Training Program (LECT) offers participants the opportunity to deepen their experience of the practices and principals of the LE model and develop the skills to share the work with others.

The LE model is based on our capacity to know ourselves and continue to find ways to share our potential for wise and compassionate action under pressure. As a community we have the capacity to support the growth of this work both *internally* – meditation and personal practice – and *externally* – leading and coaching individuals, groups and teams.

Like any endeavor that is worthwhile, it takes commitment and effort to go beyond our personal challenges and extend ourselves, reaching into the LE community for support and training, and beyond into the greater community of people we work with and are committed to empowering.

PROGRAM DETAILS

The LECT is a **6 month program** tailored to professional coaches and facilitators offering the core foundations of LE training exercises with a focus on working with individuals and small groups/teams.

The full Leadership Embodiment Fundamentals course series is a prerequisite: completion of LE Fundamentals Level 1, Level 2 and a Retreat.

LECT is recommended as a stand-alone embodied coaching model, or as a somatic addition to other coaching models. The physical practice exercises have equivalent conversational exercises so that clients can be worked with in multiple modalities.

Exercises:

- Partner Centering – Difficult Conversations
- Speaking Up with Resistance – Speaking Up, Speaking 5 ways
- Sword Cuts and 4 Direction Cut – Speaking Up
- Speaking-Listening – getting more information in a conversation
- Leader-Follower – looking at subtle challenges with reports or managers
- Entering and Including – how to change to a panoramic point of view
- 2 Step – staying centered while in action
- Success – dealing with the body's reaction to actually getting what we want

LECT program graduates that are interested in teaching the LE Fundamentals (the prerequisite courses to the TT) will need additional training modules.



SESSIONS

The **6 month LECT program** consists of **3 training modules**. Each module is 4 days long (Thursday thru Sunday). Sessions are held every 2 months.

In addition to the training sessions, trainees will

- Receive *individual coaching* from Session Instructors
- Receive *mentor coaching* from previously graduated LE Associates
- Be invited to train with a trainee *practice pod* meeting virtually between training sessions
- Take on practice *coaching client(s)* for at least 4 sessions.

Attendance is mandatory at all training sessions, no makeups will be offered. Only in the case of a family or medical emergency, can accommodations be made. Mentoring and practice group sessions are NOT mandatory. Mentoring sessions may be held in person, by phone or through video conference (Skype).

Meditation is an integral part of the training, and participants are asked to engage in a minimum of 15 minutes of meditation per day. Participants will be asked to report on their meditation experiences or insights at the beginning of every training session.

Participants will receive a training binder that includes schedules, program guidelines, and a training manual. Participants will be given access to an LE Community Portal online and are expected to log into and use that site for communication, reporting and discussion throughout the course. (And the portal will be a continuing community resource.)

Upon graduation from the LECT program, participants will be certified in the LE model and entitled to use it with groups, organizations, and individuals. Graduates receive a range of privileges and offerings, including the opportunity to access our professional association, ongoing teaching community participation, and special courses.

The full course fee is non-refundable. If you do not attend one of the 3 module weekends, no refunds will be made available. Concessions will be made in the event of a family or medical emergency.

NOTE:

Once you have started the training course, you are free to start sharing the practices with your current clients. We do not require that you wait until the end of the certification process.



SCHEDULE

CA LECT 2016 Training Module Dates

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|----------------|--|
| June | 23rd – 26th |
| August | 25th – 28th |
| October | 20th – 23rd |

*The trainings will be held in San Rafael, CA at our LE training center,
813 Vendola Drive, San Rafael CA 94903*

LECT PREREQUISITES

The LE Fundamentals course series generally cover these exercises:

LE Fundamentals - Level 1 Course Material:

- Partner Centering Basic and 3 variations
- Speaking up with Resistance
- Speaking / Listening
- Leader / Follower
- Entering In

LE Fundamentals - Level 2 Course Material:

- Review Partner Centering Basic and multiple variations
- Success exercise
- Sword work for Advocating
- Multiple Incomings practice
- Partner 2 Step
- Declaration statement 5 ways

LE Fundamentals Retreat may cover L1&2 Course Material and:

- Review Partner Centering Basic and multiple variations
- Success exercise w/ sword
- Declaration statement 5 ways
- Group 2 Step



WE HAVE REDESIGNED HOW WE ARE OFFERING OUR PROGRAM!

This training will be limited to a select number of professional participants only. There will be a maximum of **only 7 spots available**. We have made the change from a larger to a smaller group format to create a more cohesive and intensive group learning experience.

LECT PROGRAM PRICING: \$8000. USD

*** Participant airfare, transportation and lodging are **not** included. Detailed lodging and transportation information will be made available upon request.*

*** No discounts or scholarships will be available due to the select number of participants*

*** A payment schedule can be arranged through the LE office for the training tuition. Tuition must be paid in full before end of training date.*

JOINING THE LECT PROGRAM

If you would like to join this program, please contact our LE office manager, Lynda Ray to request an application form. info@embodimentinternational.com

A completed application must be received in the LE office on or before April 22nd, 2016 to be considered for the program. Upon application approval, a deposit of \$500 will be due in our office within 1 week of acceptance into the program.

***The training will not be guaranteed to launch unless a minimum number of participants have enrolled by April 22nd. We will confirm or cancel training launch by May 1st, 2016. A full refund of deposits will be made if training is cancelled.*

If you have any logistical questions about the training, please contact our US office at info@embodimentinternational.com or call Tiphani directly at (415) 302-2661.

Thank you for your interest in the LE Coach Training Program.

Blessings,



Wendy Palmer
Founder
Leadership Embodiment

Tiphani Palmer
Partner
Leadership Embodiment